

Progressive calisthenics cheat sheet

Mechanics of progression:

To understand the basic principles of progression, think of them in terms of intensity variables.

Leverage, positioning (hands, feet), range of motion, speed, weight to limb ratio, tension, tightening up technique, tension, alignment, emphasis / isolation, symmetry (one hand or two, one foot or two, or even using a transitional position), self assistance, partner assistance, angle / vector, points of contact, wide or narrow base, inter-set rest, volume, frequency

Types of progression include, but are not limited to:

Linear - double, triple, etc

Non-linear - stepped, waved, etc

Training protocols include, but are not limited to:

Ladders

Pyramids

Circuit training

Interval training

Periodization (planning training cycles) includes, but is not limited to, these types:

Block periodization

Stepped

Waved

Daily undulating periodization

Other areas and factors that need to be kept in mind for success in training:

Kinesiology, body mechanics, physics, proper nutrition, recovery, lifestyle factors, planning training goals, brief and intense workouts, motivation, consistency